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WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. **KEEP THIS PRODUCT OUT OF REACH OF CHILDREN.** In case of accidental overdose, call a doctor or Poison Control Center immediately.

Solgar's KOF-K certification #K-1250

† U.S. patent No's 6,706,904 and 6,716,814 are licensed by Albion International, Inc.

†† Some iron supplements cause gastrointestinal irritation and constipating effects. This unique form of chelated iron (iron bisglycinate) is formulated for enhanced absorption and is gentle on your system. U.S. patent No's 6,706,904 and 6,716,814 are licensed by Albion International, Inc.

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SOLGB78128 03C

**RICH IN
ANTIOXIDANT
VITAMINS C & E**



FORMULA VTM VM-75[®]

**MULTIPLE VITAMINS
WITH CHELATED MINERALS**

DIETARY SUPPLEMENT

60 TABLETS

SUITABLE FOR VEGETARIANS

GLUTEN, WHEAT & DAIRY FREE



CAREFULLY MANUFACTURED BY:
SOLGAR, INC.
500 WILLOW TREE ROAD, LEONIA, N.J. 07605 U.S.A.

Supplement Facts

Serving Size: 1 Tablet

Amount Per Serving	%DV	Amount Per Serving	%DV	Amount Per Serving	%DV
Vitamin A.....7500 IU.....150%		Iodine (from kelp).....150 mcg...100%		Inositol.....75 mg.....*	
(as natural beta-carotene)		Magnesium (as glycinate amino acid...10 mg.....3%		Choline (as choline bitartrate).....31 mg.....*	
Vitamin C (as niacinamide.....250 mg.....417%		chelatet, magnesium oxide)		Rutin.....37.5 mg.....*	
ascorbate, L-ascorbic acid)		Zinc.....10 mg.....67%		Citrus Bioflavonoid Complex.....25 mg.....*	
Vitamin D (as ergocalciferol).....400 IU.....100%		(as glycinate amino acid chelatet,		Betaine HCl.....25 mg.....*	
Vitamin E.....150 IU.....500%		zinc oxide)		Hesperidin.....8.5 mg.....*	
(as d-alpha-tocopheryl succinate)		Selenium (as L-selenomethionine)....25 mcg.....36%		Boron.....0.5 mg.....*	
Thiamin (as thiamin mononitrate).....75 mg.....5000%		Copper.....1 mg.....50%		(as boron amino acid complex†)	
Riboflavin.....75 mg.....4412%		(as glycinate amino acid chelatet)		Carotenoid Mix.....86 mcg.....*	
Niacin (as niacinamide ascorbate).....75 mg.....375%		Manganese.....1 mg.....50%		(alpha and beta-carotene, lutein,	
Vitamin B6 (as pyridoxine HCl).....75 mg.....3750%		(as glycinate amino acid chelatet)		zeaxanthin, cryptoxanthin)	
Folic Acid.....400 mcg.....100%		Chromium.....25 mcg.....21%		Powdered Blend.....4 mg.....*	
Vitamin B12 (as cobalamin).....75 mcg.....1250%		(as chromium nicotinate amino acid chelatet)		(Alfalfa [leaf and stem], Acerola Complex	
Biotin.....75 mcg.....25%		Molybdenum.....25 mcg.....33%		[fruit], Parsley [leaf and stem], Rose Hips	
Pantothenic Acid.....75 mg.....750%		(as glycinate amino acid chelatet)		[fruit], Watercress [leaf]	
(as d-calcium pantothenate)		Potassium.....1.8 mg.....<1%			
Calcium (as calcium.....20 mg.....2%		(as potassium amino acid complex†)			
carbonate, amino acid chelatet)					
Iron (as iron bisglycinate chelatet†).....1.3 mg.....7%					

*Daily Value (DV) not established.

Other Ingredients: Microcrystalline Cellulose, Vegetable Cellulose, Vegetable Magnesium Stearate, Titanium Dioxide (Color), Silica, Vegetable Glycerin, Vegetable Stearic Acid, Maltodextrin.

FREE OF: Gluten, Wheat, Dairy, Yeast, Sugar, Sodium, Artificial Flavor and Preservatives.

SUGGESTED USE: As a dietary supplement for adults, take one (1) tablet daily, preferably with a meal or as directed by a healthcare practitioner.

If you are pregnant, nursing, taking any medications, planning any medical or surgical procedure or have any medical condition, please consult your healthcare practitioner before taking any dietary supplement. Discontinue use and consult your healthcare practitioner if any adverse reactions occur. Keep out of reach of children. Store at room temperature. Do not use if outer bottle seal is missing or damaged.